

# MARCH 2017







## \$40 Unlimited Spin & Yoga classes- \$12 Drop in fee

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MARCH MADNESS</b>	<b>PICK YOUR BASKETBALL TEAM</b>	<b>CHALLENGE YOURSELF! GET COMPETITIVE</b>	1 6:☺☺ am SPIN 9:00 am SPIN  6:30 pm PoP Pilates	2 6:00 am TRX <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 4:30, 5:30 or 7 pm 45 min UPPER 6:30 pm SPIN	3 7:☺☺ am TRX 9:00 am SPIN	4 WEIGH IN DAY!  9:00 am SPIN
5 <b>CENTURY RIDE</b> <b>Danger ahead</b> <b>MOST SPIN MILES</b> <b>6<sup>th</sup>-11<sup>th</sup></b>	6 6:☺☺ am SPIN 9:00 am SPIN 6:00 pm 6:00 Resistance Band 7:00 pm SPIN	7 6:00 am <b>BOXING</b> <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 3:30 pm SPIN 6:30 SPIN	8 6:☺☺ am SPIN 9:00 am SPIN  <b>6:00 pm Boxing</b> 7:00 pm SPIN	9 6:☺☺ am TRX <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 6:30 pm SPIN	10 7:☺☺ am Resistance Band 9:00 am SPIN  6:00 pm SPIN	11 8:☺☺ am <b>ABS!</b>  9:00 am SPIN  10:15 YOGA
12 <b>CENTURY RIDE</b> <b>OH NO</b> <b>Most Classes!</b> <b>13<sup>th</sup> -18<sup>th</sup></b>	13 6:00 am SPIN 9:00 am SPIN  <b>6:30 pm TREAD/SHRED</b>	14 6:00 am Kettle Bells <b>9:00 AM SWEAT</b> 10:00 SPIN 4:30, 5:30 or 7pm 45 min UPPER 6:30 SPIN	15 <b>6:00 Resistance Band</b> 9:00 am SPIN <b>6:30 pm SWEAT!</b> 7:00 pm SPIN	16 6:00 am TRX <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 4:30, 5:30 or 7 pm 45 min LOWER 6:30 SPIN	17 7:☺☺ am TRX 9:00 am SPIN <b>St Patty's Day WEAR GREEN!</b> <b>6:00 BOXING!</b>	18  <b>9:30 am SPIN</b> <b>LIGHT UP SPIN!</b> <b>GLOW IN THE DARK!</b>
19 <b>CENTURY RIDE</b> <b>WATCH OUT</b> <b>MOST RUNNING MILES!</b> <b>20<sup>th</sup> - 25<sup>th</sup></b> <b>Self Defense I</b> <b>5:30 - 7 pm</b>	20 6:00 am SPIN 9:00 am SPIN  6:00 pm SPIN	21 6:00 am Resistance Band <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 3:30 pm SPIN 4:30, 5:30 or 7 45 min LOWER 6:30 PoP Pilates	22 6:00 am SPIN  9:00 am SPIN  6:00 pm <b>ABS!</b> 7:00 SPIN	23 6:00 am TRX <b>9:00 AM TOTAL BODY</b> 10:00 SPIN  4:30, 5:30 or 7 pm 45 min UPPER	24 7:☺☺ am Resistance Band  9:00 am SPIN  <b>MAX OUT CAMP</b> <b>6pm -8pm</b>	25 8:☺☺ am <b>ABS!</b>  9:00 am SPIN
26 <b>CENTURY RIDE</b> 12:00 pm Family Fitness  <b>Self Defense 2</b> <b>5:30 - 7 pm</b>	27 6:00 am SPIN 9:00 am SPIN  <b>6:30 pm TREAD/SHRED</b>	28 6:00 am Kettle Bells <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 3:30 pm Spin 4:30, 5:30 or 7 45 min LOWER 6:30 pm SPIN	29 <b>6:00 am BOXING</b>  <b>9:00 am BOXING</b> <b>6:00 pm BOXING!</b> 7:00 SPIN	30 6:00 am TRX <b>9:00 AM TOTAL BODY</b> 10:00 SPIN 4:30, 5:30 or 7 45 min UPPER  6:30 pm SPIN	31 7:☺☺ am TRX 9:00 am SPIN	

# WEEKLY WINNERS!



## OVERALL MOST POUNDS LOST, MOST MILES AND ALSO CLASSES ATTENDED THROUGHOUT THE MARCH MADNESS MONTH (ADVANCED AND BEGINNER LEVELS WIN)!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>17 CHANCES TO WIN!</b></p>	<p><b>13 WEEKLY WINNERS TOTAL!</b></p>	<p><b>FOUR OVERALL WINNERS!</b></p>	1	2	<p>3</p> 	<p>4</p> <p><b>FIRST WEIGH-IN</b></p>
<p>5 Log Most Spin Miles This Week 3/6-3/11 (Only One Class Per Day Counts Toward Total)</p>	6	<p>7</p> 	<p>8</p> 	9	<p>10</p> <p>6 WINNERS THIS WEEK</p>	<p>11</p> <p>SPIN PRIZE: HEART TANK</p>
<p>12 Attend Most Classes This Week 13th -18th</p>	13	14	15	<p>16</p> <p>2 WINNERS THIS WEEK</p>	<p>17</p> 	<p>18</p> <p>CLASS PRIZE: ONE FREE APRIL MEMBERSHIP</p>
<p>19 Log Most Running Miles At The Warehouse 20th – 25th</p>	20	21	<p>22</p> 	23	<p>24</p> <p>5 WINNERS THIS WEEK</p>	<p>25</p> <p>RUN PRIZE: #NOEXCUSES TANK</p>
<p>26</p> <p><b>WIN TANK TOPS</b></p>	<p>27</p> <p><b>WIN Sweat shirts!</b></p>	<p>28</p> <p><b>WIN GROUP TRAINING PACKAGE!</b></p>	<p>29</p> <p><b>WIN APRIL MEMBERSHI</b></p>	<p>30</p> <p><b>WIN A PUNCH CARD!</b></p>	<p><b>31</b></p> 	<p>1</p> <p><b>2nd/FINAL WEIGH-IN</b></p>